

# News For All Seasons

## WAYNE COUNTY AREA AGENCY ON AGING



The Advisory Council of Wayne County Area Agency on Aging will be holding their annual fall luncheon meeting on Monday, October 3rd, 2016 at Noon at Lukan's Farm Resort, Hawley.

All are welcome to attend.

Join us for a delicious family style meal.

The menu will include – Salad, Roasted Chicken, Potatoes, Vegetable, Dessert & Drinks.

The afternoon promises a good homemade meal while you learn about all of the services the Area Agency on Aging provided during the 2015-2016 fiscal year.

The cost to attend is \$20.00 per person, made payable to the Wayne County Area Agency on Aging. Please call 570-253-4262 by September 26th to make your reservation.

(all details were not available at the time newsletter went to print; please call for additional information)

### Senior Center Open House

When: September 21<sup>st</sup> 2016

Time: 8am-3pm



*Where: Hamlin, Hawley & Honesdale Senior Centers*

*Lunch will be offered, please call by the 20<sup>th</sup> to reserve a spot.*





*The day will be free to anyone visiting for the first time.*

*So come celebrate !*

*\*\*\* September is Senior Center Month! \*\*\**

*R.S.V.P. – 570-253-5540*



<p><b>MILK SERVED WITH ALL MEALS</b></p> 			<p>1) Soup-Butternut Squash Crackers Tuna fish salad Pita Lettuce, tomato Vegetable slaw Fresh honeydew</p> <p><i>N'thern Wayne; Apple juice, vegetable slaw, tuna salad on pita, lettuce, tomato, honeydew, oat- meal raisin cookie</i></p>	<p>2) <b>LABOR DAY MENU</b></p> <p>Shredded Pork Barbecue On bun Coleslaw Cauliflower Warm Diced peaches Over Biscuit</p>
<p>5) <b>LABOR DAY</b></p>  <p>OFFICE &amp; CENTERS CLOSED</p>	<p>6) <b>Honey Mustard chicken</b> <b>Baked potato w/Sour Cream</b> <b>Zucchini</b> <b>Mixed vegetables</b> <b>Wh Wh bread</b> <b>LornaDoons</b></p>	<p>7) Marinated tomato slices topped w/mozz Breaded Pork Chop Garden Rotini Wax beans Strawberries</p>	<p>8) Roast turkey w/Gravy Mashed potatoes Brussel sprouts Stuffing Warm Diced peaches On Biscuit</p> 	<p>9) Coleslaw Baked cod Stewed tomatoes Sweet potato Wh Wh dinner roll Peanut butter Cookie</p>
<p>12) Baked breaded chicken strips Buttered carrots Steamed buttered cabbage Rice Pilaf Fruit Medley</p> 	<p>13)  Cream of potato soup Egg salad in pita Cottage cheese n diced peaches Lettuce n tomato Pecan Sandies</p>	<p>14) Red/Green leaf Salad Pizza Sausage bites Broccoli Vanilla pudding</p> 	<p>15) Pork Loin Pierogies- Potato/Cheese Applesauce Peas n Pearl onions Sour Cream Ambrosia</p> <p><i>Northern Wayne: Grape juice, Tossed salad w/red/yellow peppers, chicken salad, Wh Wh bread, tomato, Ambrosia</i></p>	<p>16) Broccoli n Chick pea salad Wh Wh Spaghetti Meat tomato sauce Apricots</p> 
<p>19) Corn chowder Wh Wh Bread Salisbury steak w/ Gravy Mashed potato CapeCod Blend Vegetables Pears</p>	<p>20) Veget chile Baked salmon Wh Wh Rotini Baby carrots Rye Bread Orange segments</p> 	<p>21) Shredded Pork Barbecue On Bun Coleslaw Cauliflower Warm Diced peaches Over Biscuit</p>	<p>22) Caesar salad Ham Warm Pineapple slices Parmesan buttered Fet- tuccini Sweet potato Vanilla Ice cream</p>	<p>23) Baked Chix fritter Baked potato w/sour cream Cabbage Cornbread Fresh cut cantaloupe</p>
<p>26) Haddock Patty on Bun Tartar sauce Stewed tomatoes Brussels Oatmeal raisin cookie</p>	<p>27) <b>California Burger On Bun</b> <b>Lettuce, tomato, onion and Mayo</b> <b>Sweet Potato wedges</b> <b>Cucumber onion salad</b> <b>Pineapples Tidbits</b></p>	<p>28) Chix Cacciatore over Wh Wh pasta Zucchini Succotash Jello cake</p>	<p>29) Baby Spinach salad, with tomatoes, radishes Chicken tetrazzini White rice Green beans Watermelon</p> 	<p>30) Vegetable lasagna Sausage bites Broccoli Strawberries</p>

## EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 - 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 - 11:30 Exercise 1-2 Tai Chi *fee 5:30 - 8:30 Mah Jong	<u>Thursday</u> Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 - 2:30 Card Club	<u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 - 11:30 Exercise
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## EVERYDAY AT THE HONESDALE CENTER

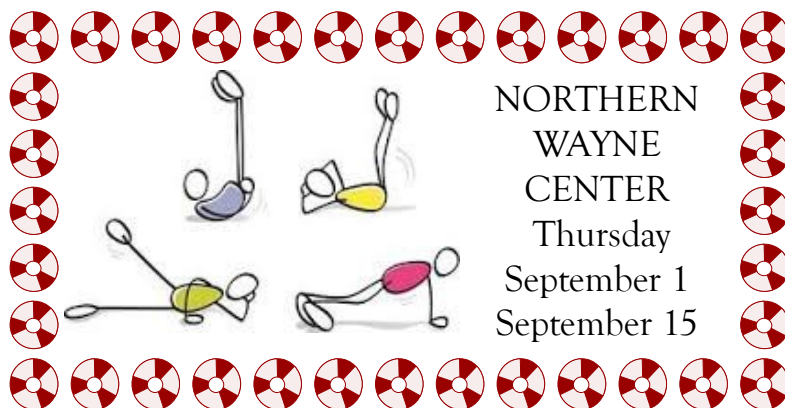
ASSOCIATION FOR THE BLIND - TUESDAY, SEPTEMBER 13 - 1:30

CAREGIVER'S SUPPORT GROUP - WEDNESDAY, SEPTEMBER 14 - 1:30

<u>Monday</u> 10:00 Walking Club 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00-4:00 Pinochle	<u>Wednesday</u> 8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi *fee 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing	<u>Thursday</u> 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1:30 Memoir Writing Group (1 <sup>st</sup> & 3 <sup>rd</sup> )
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**ALL CENTERS CLOSED  
MONDAY, SEPTEMBER 5  
LABOR DAY**



NORTHERN  
WAYNE  
CENTER  
Thursday  
September 1  
September 15



## EVERYDAY AT THE HAMLIN CENTER

<u>Monday</u> Cards & Games 8:00-12 Pinochle	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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## Wayne County Transportation Drivers Compete at "Rodeo"

Robert Christman and Tom Murray, two of our Wayne County Transportation System drivers, made history by being the first ever from our county to participate in the Pennsylvania Public Transportation Association's annual "Rodeo" competition. The event was sponsored by a variety of vendors, including American Seating, Apollo Video Technology, Avail Technologies, HybriDrive Propulsion Systems, BusStuf Transit Vehicle Components, Ecolane, Gillig, Lift-U, MV Transportation, New Flyer, Proterra, Rohrer Bus and USSC Group.

Our paratransit drivers competed against other drivers from all across the state of Pennsylvania. The competition consisted of hours of written tests as well as a challenging obstacle course on the tarmac of the Wilkes Barre Scranton International Airport. Skills tested included navigating a serpentine, backing as close as possible to an object without touching it, negotiating very tight turns, curbside parking, and overall smoothness and efficiency.

Thanks to Bobby and Tom for stepping up to the plate and accepting this challenge. Although we didn't win the overall competition, both deeply enjoyed the experience of camaraderie among all the drivers. Furthermore, they both agreed that this provided a strong appreciation of all that they

have been doing on a daily basis in their professional lives. Great job, guys!



### AGING AND DISABILITY RESOURCES CENTER / LINK

We know you have all seen our Aging and Disabilities Resource Center (ADRC / LINK) logo and information, but what does it mean to you and how can you help spread the word? We are trying to reach out to all areas of the county and residents. We have speakers available to come out to a group of people and speak about our services. To arrange a speaker on general services or a specific topic, please contact Juliann Doyle at 570-253-4262 or [jdoyle@waynecountypa.gov](mailto:jdoyle@waynecountypa.gov) to arrange a date and time for her to come out and speak to your group. We would love to hear from you !!







## **NUTRITION EDUCATION: Food safety—Home Delivered Meals**

by Lynn Guiser, MS,RDN,LDN

I am always concerned about the safety of food. When it leaves the heat or cold source in our kitchen, temperatures are checked, recorded, and then filed for future verification. The food is plated—260 meals are frozen daily, and 130 are delivered hot- daily. Depending on the type of item, cold beverage and cold fruit vs. hot chicken, the daily meals are stacked in a large insulated bag with hot or cold packs for safe transportation and delivery to your home.

Our drivers have a maximum of four hours to deliver all the hot meals on their route. Frozen ones must remain 'frozen solid to the touch' throughout transportation and delivery. If the hot meals are not delivered according to the four hour maximum time frame, or the frozen food is not solid to the touch, it must be discarded/not eaten.

After September 6, home delivered meals will start arriving an hour later than you are accustomed. Please be present as often as possible to receive your daily hot lunch, or weekly frozen meal packages. Receiving the meal in person assures the food is safe to eat, and retains it's quality. Having us place it in any type of receptacle may draw the attention of animals.

We keep the cold and hot items separate during transportation for food safety reasons. Although there are folks who put out a cooler, it is optimal, and safer, not to join hot food with a cold beverage/cold dessert upon delivery to your home if you are not there. There is a lot of nutritional value in what we serve. I want you to receive the benefits.



Remember to use your  
farmer market vouchers  
before November 30 !!

- **1 in 5** high school students have abused prescription drugs
- Everyday **2,500** kids abuse prescription drugs for the first time
- **75%** of people who abuse prescription pain relievers say they got them from a friend or relative

### **WANTED:**

Unwanted, unused & expired prescription and over-the-counter medications

*Don't let unwanted or expired medicines add to the startling statistics. If you have prescriptions or over-the-counter and other unused medicines, PA MedReturn drop boxes are a safe, effective and environmentally-friendly way to dispose of them*



**FREE AND ANONYMOUS**

### **Products Accepted**

Prescription & over-the-counter solid medications, tablets and capsules, liquid medications, inhalers, creams, ointments, nasal sprays, and pet medications

### **Products NOT Accepted**

Intravenous solutions, injectables, needles

### **Where**

Wayne County Courthouse Vestibule  
925 Court Street, Honesdale



Not in  
The Toilet



Not in  
The Trash



Our three Wayne County Senior Centers will be hosting an event to honor Senior Center Month on September 16<sup>th</sup>. We would like to invite everyone to come in and see all we have to offer. Come visit each of our three Senior Centers: Honesdale, Hawley, and Hamlin.

The theme this year is Finding Balance in your Center; older adults find balance and whole person wellness at senior centers. Centers showcase the opportunities that you provide for older adults to be engaged physically, mentally, and emotionally in your community. Join us as we blaze a trail by promoting activities, inclusion, and wellness for older Americans.



This year we will be partnering with Paul Mang who has offered to provide a guided beginner's hike as well as an advanced hike. If you prefer not to hike there is a disc golf activity, fishing, or enjoy the beautiful scenery from the pavilions.

The hike/activities will begin at the park at 11 am. There will be a FREE cold lunch provided to NEW members (over 60) who complete our registration forms. There is a \$2 suggested donation for those who already participate at the centers and a \$5 suggested donation for those less than 60 years of age. Transportation will be leaving each center at 10:15 am to go to Prompton State Park. Transportation will be free, but you must pre-register with Transportation.

Please RSVP for the event by September 9, 2016 by calling Marie at 570-253-5540.



### NORTHERN WAYNE HAPPENINGS

On August 18th, we celebrated our 5th Year Anniversary with cake and door prizes. Denise Culver from the Association of the Blind did vision screening for our seniors.

At our September 15th meeting, Eric Tarantini will be doing a presentation on home doctor visits. We will also have an ice cream social. October 6th we will have a speaker on Elder Law and Estate Planning. Please come out and join us for lunch at the Lakewood fire hall on the 1st and 3rd Thursdays of the month. Call Marie at 570-253-5540 for reservations.

# DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money?

**The APPRISE Program wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.**

**Extra Help** can help lower your prescription co-payments and premiums and cover the cost of the coverage gap ("donut hole" )

If you are **single** and have **total monthly** income of less than \$1,485/month; and less than \$13,640 in resources

If you are **married** and have a **total monthly** income of less than \$2,003/month; and less than \$27,250 in resources

**Medicare Savings Program** can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

If you are **single** and have a **total monthly** income of less than \$1,337/month; and less than \$7,280 in resources

If you are **married** and have a **total monthly** income of less than \$1,803/month; and less than \$10,930 in resources

There is **NO COST** for the APPRISE Program's help or for enrollment into these programs.

## APPRISE CAN ALSO HELP WITH:

- MEDICARE
- MEDICARE PRESCRIPTION DRUG PLANS (PART D)
- MEDICARE ADVANTAGE PLANS
- MEDICARE SUPPLEMENTAL INSURANCE (MEDIGAP)
- MEDICAID
- LONG-TERM CARE INSURANCE
- FRAUD AND ABUSE
- MEDICARE APPEALS

**Call Today!**

**WAYNE COUNTY AREA  
AGENCY ON AGING**

**323- 10<sup>th</sup> Street**

**Honesdale, PA 18431**

**570-253-4262**



Funded in whole or part by a grant through the Administration for Community Living





# Medicare Annual Open Enrollment

**FREE INSURANCE COUNSELING**  
**For Medicare Recipients**

**Trained Counselors answer your questions  
& provide Information on:**

**Medicare,  
Medicare Supplemental Insurance,  
Long-Term Care Insurance,  
& Medicare Drug Plans**

**October 15 through  
December 7, 2016, ONLY call now !**

**CONTACT THE WAYNE COUNTY  
AREA AGENCY ON AGING AT**

**570-253-4262**  
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**IN ORDER TO PROVIDE QUALITY SERVICE  
TO ALL APPLICANTS WALK-INS  
WILL NOT BE ACCEPTED**



**Ask to speak to an Apprise Counselor**



Hi everyone—can not believe the Summer has come to an end. We here at Hawley hope all of you had a safe and pleasant summer season. The Seniors and I would like to shout out a big THANK YOU to all the volunteers that helped us at our annual picnic this year. What a wonderful time we all had again with the Hamlin Center. The hard work Debbie and John put in . . . hunting down the entertainment, supplying the food and being there for us. . . I know that our picnics wouldn't be the same without them. We are looking forward to next years picnic already. I've been on a two week vacation during the month of August and will place the merchants names that donated items for our picnic in next months letter. But would still like to thank each and every one of them for their generosity and compassion for our Seniors. They all went home with happy hearts and a big smile.

Our Grandparents Day was a good time had by all. We had three Grandchildren, one Great Grandchild with a nice crowd for our pizza and root beer floats. Amanda and Joanie did a wonderful job keeping the children amused by making bracelets and paper movable fish. Thanks to all that helped that day.

We will be celebrating Labor Day on Friday September 2nd with music by Dante, followed by a Barbecue lunch. Please let Lu know a few days in advance if you plan to attend . Also at Prompton Dam they will hold another hike with a picnic lunch. They provide a short hike for beginners and a long hike for more experienced walkers. If you are new to our centers the transportation and picnic lunch is on us. People who have joined us before: the cost will be \$2.00 for lunch and \$1.00 each way for your ride.

Call Lu to make your reservations.

We will be having another open house planned for Wednesday September 21st. All new people that haven't visited our centers before will have free lunch plus free transportation for that day. If you are interested in joining us please call Lu Seagraves @ 570-226-4209 at least a week in advance so we can set up transportation for you and have enough food to accommodate everyone.

Our Birthday's for the month of September:  
Camille Herman, Ernie Seagraves, Karen Thompson, Joan Vandevaarst, Jessie Kaulfers, Rosemarie Baker, Buck Evans, Mary Benko, Judy Reisel and Nancy Hartmann "Happy Birthday To you all"

## LUNCH AND LEARN 2016 SERIES

Wayne Co Public Library  
1406 Main St, Honesdale



**Wednesday, SEPT. 7 12:00 to 1:00**

**ALZHEIMER'S BASICS:** Learning about the disease, warning signs, resources, and healthy habits. Jeffrey Dauber of the Alzheimer Association presents.

**Wednesday, OCT. 5 12:00 to 1:00**

**LYME DISEASE:** Marcia Barrera from Wayne Co Task Force Lyme & Tick Borne Diseases answering questions about Lyme disease.

**Wednesday, NOV. 2 12:00 to 1:00**

**PREPARING YOUR VEHICLE FOR WINTER:** Nina Waskevich and Deanna Marcinko from AAA North Penn presenting.

Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org to register

(LUNCH IS PROVIDED)



Wayne Co Public Library, Honesdale will present:

Comedy Night, Tuesday, Sept. 6 at 5:00 Get your funny on again with Marietta Mendler's workshop.

Contact Elizabeth at 570-253-1220 or [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org)

## HAMLIN NEWS

On July 22<sup>nd</sup> the Hamlin seniors partied at their 18<sup>th</sup> annual picnic with the Hawley seniors and what a good time they had! Over two hundred people came together to dance, eat, play bingo and win raffle prizes. This year music was provided by Frankie Gervasi and George Rittenhouse. Even Ed Ims joined in on his guitar for a couple of tunes. We had a very special treat this year with a demonstration from our new square dance group, The Elk Mountaineers. I was just watching and admiring all the moves because if I tried they would have had me all tied up in knots, or should I say, I would have them all tied up in knots! If you would like to learn some of their fancy footwork, they meet every Wednesday night at the Hamlin center and you can call me for more information.



With 90 degree temperatures, Mark and Ernie were thankful they didn't have to grill this year. The food was catered by A.J.'s Club Soda Restaurant and there was plenty of great BBQ chicken, sausage and peppers, and all kinds of goodies to fill our tummies. Besides bingo, the seniors had loads of raffles to try their luck at. Ruth Angermeier donated two beautiful hand stitched quilts that she made and Alberta Williams and I donated handmade crocheted afghans for the raffle.

Over 40 local businesses donated door prizes (see the list at bottom of page 11) and if you drop by one of these places, please remember to say thank you for their generosity. I always say it's the little guy who comes through every year with support for the seniors. We often hear "shop local, support your local businesses." Well if any one group does shop local, it's the seniors. And it is good to know that these businesses appreciate the seniors.

Every picnic I am so grateful for all the help we get, which makes the picnic go so smoothly. The first to pitch in are all the seniors, getting door prizes, donating for the raffles, hauling everything we need for the picnic (I always say it's like moving out for just one day,) setting up, serving, helping out fellow seniors, and cleaning up. A big "Thank You" to all the seniors who helped out at the picnic and who help every day at the center.



More folks to say "Thank you" to: The Trails End Camp kids and staff, the PATH kids and staff, Hawley Rotary, Friends Embracing Friends, Pat Perkins, the Honesdale kitchen staff, transportation drivers and coordinators, Maplewood Fire Co., Leo, who always gives us a great price on the picnic grove, Frankie and George, Ed Ims and the square dancers, and Ernie and Mark, our helpful husbands, who I'm sure we drive crazy. Last but not least, the seniors and I are so very grateful to the commissioners, without their support none of this would be possible. If I overlooked anyone, I am sorry. But please know your help and support is always appreciated.

Yes, you did it... You talked me into one last casino bus trip for the year. We are off to everyone's favorite, Mohegan Sun, on Friday, September 30<sup>th</sup>. Check the flyers and page 14 for the details. It has been a very good year for trips. I think everyone was pleasantly surprised with the Bethel Woods and Monticello trip. The details of the Woodstock concert were fascinating. To have such an event in our backyard was amazing. I would recommend checking out the museum if you get the chance.



The seniors and I want to thank Bill Mountain and his daughter, Elizabeth, for cleaning the centers carpet... for free!!! Yes, you read that right, free of charge, saving us about \$400. He said we are such a wonderful community service he wanted to be able to contribute in some way too. "Thank You" Bill and Elizabeth!

I want to thank everyone who donated items and worked so very hard cleaning, sorting, hauling, pricing and selling for our annual yard sale. The sale is on Saturday, Sept. 3<sup>rd</sup> and it is always a busy time at the center.





**It's time for a new adventure...**

**It's time for me to retire.**

We all knew this time would come and  
I have mixed emotions because you know I love my job,

I love you all!

But the time has come for me to semi-retire.

Working with seniors has made me realize  
time waits for no one.

Mark and I want to travel while we are still able,

I want to throw my alarm clock out the window,

I want to volunteer with Samantha & rock babies to sleep,

I want to sew, crochet and do crafts,

I want to hit the gym 3 days a week,

I want to work part time and volunteer at the center,

I want to relax on our front porch.

Message from  
Debbie Birtel

**Please come and wish me well at my retirement party**

**R Place on 590**

at the corner of Rt. 590 and J & J Road

**Friday, Oct. 14<sup>th</sup>, 2016 at 6pm**

**RSVP ~ 570-689-3766**





#### Donations for the Hamlin 2016 Picnic

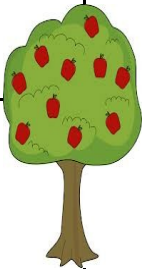
Allstate Insurance – Dan Truskowski  
Anna Gregg  
Barbara Phillips Beauty Shoppe  
Big Dog Daddy's  
Country Cafe  
Countryside Floral  
Creative Cuts  
Electric City Tattoo Gallery – Elijah Birtel  
Gravity Inn  
Hamlin Chiropractic Center – Dr. Cindy  
Hamlin Dental Center  
Hamlin Distributors  
Highhouse Oil – Sunoco Express Mart  
Hunters' Gallery  
Joann Strada's Beauty Salon  
Kay's Italian Restaurant in L.A.  
Kundla's BBQ Pit  
Liberty Restaurant in L.A.  
Linda Nicholson  
Lizzy's Head to Toe Salon  
Locklin's Bottled Gas

#### Donations for the Hamlin 2016 Picnic

McDonald's in Hamlin  
Minooka Pastry & Bakery  
Mohegan Sun Casino  
Nail Tech in Hamlin  
RavenHaus Tavern  
Ray's Supermarket  
Robbie's Deals for Dollars  
Ruth & Karl Angermeier  
Shelly's Family Restaurant  
Smokin' Joe's Ice Cream Shoppe  
Sue's Corner Cuts  
South Canaan Farm Market  
The Buffalo Shoppe  
The Mustard Seed Restaurant  
The Waymart Deli  
U. S. Foods  
Weis Market & the Bakery Staff  
Weis Market (old Mr. Z's)  
Weis Market of Honesdale  
Wendy's in Honesdale



| Monday                                                                                                               | Tuesday                                                                                                         | Wednesday                                                                                             | Thursday                                                                                                      | Friday                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Home Delivered Meals</b>         |                                                                                                                 | <br><b>September</b> | 1) Apple juice<br>Pollock loin<br>Garden Rotini<br>Wax beans<br>Apricots                                      | 2) <b>LABOR DAY MENU</b><br>Shredded Pork<br>Barbecue On Bun<br>Asparagus, Cauliflower<br>Warm Diced peaches<br>Over Biscuit |
| 5) <b>LABOR DAY HOLIDAY CLOSED</b><br>Stuffed Shells<br>Meatballs<br>Cauliflower, Spinach<br>Italian bread           | 6) Honey Mustard chix<br>Baked potato<br>Zucchini<br>Mixed vegetables<br>Wh Wh bread<br>LornaDoones             | 7) Grape Juice<br>Breaded Porkchop<br>Garden Rotini<br>Wax beans<br>Strawberries                      | 8) Roast turkey w/gravy<br>Mashed potatoes<br>Brussel sprouts<br>Stuffing<br>Warm Diced peaches<br>On Biscuit | 9) Orange juice<br>Baked Cod<br>Brown Rice<br>Stewed tomatoes<br>Sweet potato<br>Wh Wh bread                                 |
| 12) Grape juice<br>Baked bread chix strips<br>Buttered Carrots<br>Steamed buttered cabbage<br>Rice Pilaf             | 13) Apple Juice<br>Cream of potato soup<br>Wh Wh Crackers<br>Egg omelette<br>Warm Peach slices<br>Pecan Sandies | 14) Orange segments<br>Pizza<br>Sausage bites<br>Broccoli<br>Graham crackers                          | 15) Pork Chop Loin<br>Pierogies<br>Applesauce<br>Peas n Pearl onions<br>Ambrosia                              | 16) Wh Wh Spaghetti<br>Meat tomato sauce<br>Cauliflower<br>Green beans<br>Granola bar                                        |
| 19) Orange juice<br>Corn chowder<br>Salisbury steak w/Gravy<br>Mashed potatoes<br>CapeCod Blend veget<br>Wh Wh bread | 20) Veget chile<br>Baked salmon<br>Wh Wh Rotini<br>Rye Bread<br>Pink grapefruit                                 | 21) Shredded pork barb<br>On Bun<br>Asparagus<br>Cauliflower<br>Diced peaches On Biscuit              | 22) Apple juice<br>Ham<br>Warm Pineapple slices<br>Parmesan buttered<br>Fettuccini<br>Sweet potato            | 23) Baked breaded<br>Chix fritter<br>Baby Bakers<br>Baby carrots<br>Cabbage<br>Wh Wh bread                                   |
| 26) Fish patty on Bun<br>Stewed tomatoes<br>Brussels<br>Oatmeal raisin cookie                                        | 27) Cranberry J Cocktail<br>Hamburger<br>Wh Wh Bun<br>Sweet potato wedges                                       | 28) Chix Cacciatore<br>over Wh Wh Penne<br>Zucchini<br>Succotash<br>Jello Cake                        | 29) Orange-pineapple j<br>Chicken tetrazzini<br>White rice<br>Baby carrots<br>Green beans                     | 30) Veget lasagna<br>Sausage bites<br>Broccoli<br>Warm Cinn Applesauce                                                       |



If you are unable to attend your polling place in person on Election Day, you may be eligible to vote by absentee ballot. To vote by absentee ballot, a voter must apply to the County Board

of Elections for an absentee ballot. The County Board of Elections will send a paper absentee ballot to the voter. The voter then completes the ballot and returns it to the County Board of Elections. In Pennsylvania, the County Board of Elections must receive your application for absentee ballot no later than 5 p.m. on the Tuesday before the election. In emergency situations (such as an unexpected illness or disability) you can submit an Emergency Application for Absentee Ballot, which must be submitted no later than 5 p.m. on the Friday before Election Day. Completed non-emergency absentee ballots must be received by 5 p.m. on the Friday before Election Day. In presidential election years, absentee ballots received by the close of the polls on Election Day will be counted for the offices of president and vice president. Make sure you're registered before you apply to vote by absentee ballot. (continued next page . . .)

## How to Request an Absentee Ballot Application

Call the Wayne County Voter Registration office at 570-253-5970 and request an absentee ballot. This process will begin in September with the last day being November 1.



## **What I need to know about voting by Absentee Ballot due to the Voter ID Law**

- Identification requirements took effect in November 2012.
  - Voters must provide drivers license number, last 4 digits of Social Security Number, or a copy of an acceptable photo ID when applying for an absentee ballot.
  - Voters may provide identifying number to county over the phone, by email or mail.
  - Identification will be verified by the county board of elections before the voter's ballot will be counted.
- Voters have 6 days following an election to provide the necessary identification.
- \*The Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) voters and voters affected by the Voting Accessibility for Elderly and Handicapped Act are exempt.



## **Who may Vote by Absentee Ballot?**

The following people may vote for any office, in any election, by absentee ballot as long as they are registered to vote (unless otherwise indicated):

- A person who is, or may be, in the military service of the United States, regardless of whether, at the time of voting, the person is present in the election district of residence or in the Commonwealth, and regardless of whether he or she is registered to vote.
- A spouse or dependent residing with or accompanying a person in the military service of the United States and who expects on Election Day to be absent from his or her municipality of residence during the entire period in which the polling places are open for voting (7 a.m. to 8 p.m.).
- A member of the Merchant Marine and his/her spouse & dependents residing with or accompanying the Merchant Marine, who expect on Election Day to be absent from the Commonwealth or the municipality of residence during the entire period in which the polling places are open for voting (7 a.m. to 8 p.m.).
- A member of a religious or welfare group attached to and serving with the armed forces and his/her spouse and dependents residing with or accompanying him or her, who expect on Election Day to be absent from the Commonwealth or the municipality of residence during the entire period in which the polling places are open for voting (7 a.m. to 8 p.m.).
- An individual who, because of the elector's duties, occupation or business (including leaves of absence for teaching, vacations and sabbatical leaves), expects on Election Day to be absent from his/her municipality of residence during the entire period the polls are open for voting and the spouse and dependents of such electors who are residing with or accompanying the elector and for that reason also expect to be absent from his/her municipality during the entire period the polls are open for voting (7 a.m. to 8 p.m.).
- A qualified war veteran elector who is bedridden or hospitalized due to illness or physical disability, if the elector is absent from the municipality of his residence and unable to attend his/her polling place because of such illness or disability, regardless of whether the elector is registered to vote.
- A person who, because of illness or physical disability, is unable to attend his/her polling place or to operate a voting machine and obtain assistance by distinct and audible statements. (Note: A disabled elector may be placed on a permanently disabled absentee file.)
- A spouse or dependent accompanying a person employed by the Commonwealth or the federal government, in the event that the employee's duties, occupation or business on Election Day require him/her to be absent from the Commonwealth or the municipality of residence during the entire period the polls are open for voting (7 a.m. to 8 p.m.).
- A county employee who expects that his Election Day duties relating to the conduct of the election will prevent the employee from voting.

## AARP SMART DRIVER CLASS

AARP SMART DRIVER defensive driving course is designed for qualified drivers aged 50 and older. There are no tests and all automobile insurance companies doing business in PA are required by state law to give a minimum discount of 5% to all qualified policyholders age 55 and over and who take the course.

The one day, 4 hour class, is only open to those who provide evidence of taking the class during the previous 36 months. A \$20 fee (\$15 for AARP members) is charged. Advanced reservations are necessary for placement in any class. Please

bring your driver's license, AARP card if a member, and proof of your previous course (if taking the 4-hour refresher). For more information please call Wayne County Area Agency on Aging at (570) 253-4262 or to make a reservation and get directions.

### 4 Hour Sessions:

September 12th

September 22nd

October 14th

### Must Have a Recent 8 Hour Course

Hawley 1 pm—5 pm

Honesdale 12:30 pm—4:30 pm

Hawley 1 pm—5 pm



## Mohegan Sun Casino

Friday, Sept. 30, 2016



**\$22.00 per person**

Price includes: \$25 free slot play, \$5 food voucher, bus transportation, & driver's tip.

Depart the casino at 3:00pm

Sign up with Marie at 253-5540 or Debbie at 689-3766.

### Depart:

Honesdale McDonald's @ 9:00am

Ray's Market, Waymart @ 9:20am

Hawley Senior Center @ 8:30am

Hamlin Center @ 9:00am

### Return Home:

Honesdale @ 4:15pm

Waymart @ 3:45pm

Hawley @ 4:30pm

Hamlin @ 4:00pm

\*Money needs to be in by Friday, Sept. 9, 2016.

\* Cancellation Policy: Your money refunded only if your seat can be filled, until Sept. 10<sup>th</sup>. After Sept. 10<sup>th</sup> money will not be refunded for any reason.



# Oktoberfest at Split Rock Resort

Thursday, October 20, 2016  
\$60.00 per person



\*Please have your money in by Friday, Oct. 7<sup>th</sup>.  
\*Make checks payable to: Wayne County Aging.  
\*Cancellation Policy:  
Money refunded only if your seat can be filled.  
No money refunded after Oct. 13<sup>th</sup> for any reason.

Enjoy the versatile musical stylings of The Adlers Band. They will get you up and dancing! Entertaining in the Poconos since 1979. They are the quintessential American Oktoberfest band, playing the best of Austrian-German songs and party music. Plus a German style buffet luncheon, bingo, and other activities the resort offers... like the indoor pool.

Reserve your seat with Marie at 253-5540 or Debbie at 689-3766.

## Depart:

Honesdale McDonald's @ 9:00am  
Hawley center @ 9:30am  
Hamlin center @ 10:00am

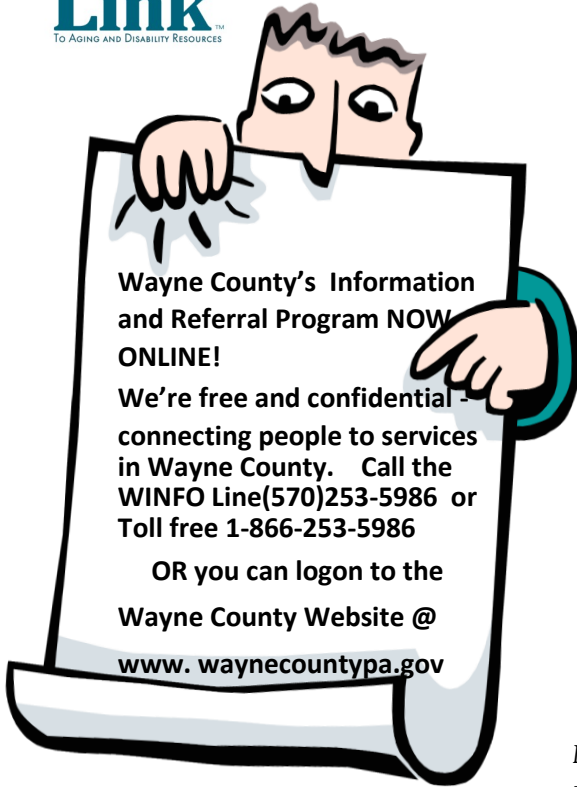
## Arrive Home:

Honesdale @ 6:30pm  
Hawley @ 6:00pm  
Hamlin @ 5:30pm

SOUP SERVED DAILY *ON THE CARTE* mostly homemade



| A LA CARTE                                                      | SEPTEMBER                                                        |                                                                          | 1)<br>BLT SANDWICH                                      | 2)<br>PERSONAL PIZZA               |
|-----------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------|------------------------------------|
| 5)<br><i>HOLIDAY<br/>CLOSED</i>                                 | 6)<br>SAUSAGE W/ PEP-<br>PERS & ONIONS<br>HOAGIE                 | 7)<br>TURKEY BLT SALAD                                                   | 8)<br>HOT HAM &<br>CHEESE ON PRET-<br>ZEL BUN           | 9)<br>CHICKEN QUE-<br>SIDILLA      |
| 12)<br>SEAFOOD SALAD<br>ON A CROISSANT<br>W/LETTUCE &<br>TOMATO | 13)<br>OPEN FACE HOT<br>TURKEY SAND-<br>WICH/MASH-ED<br>POTATOES | 14)<br>CHICKEN, CRAN, AP-<br>PLE FETA, ALMOND<br>SALAD<br>SLICE OF PIZZA | 15)<br>CHICKEN SALAD<br>ON WHEAT                        | 16)<br>BROCCOLI &<br>CHEESE QUICHE |
| 19)<br>TOMATO SOUP<br>GRILLED CHEESE<br>SANDWICH                | 20)<br>SLOPPY JOE ON<br>BUN                                      | 21)<br>CHICKEN CAESAR<br>SALAD                                           | 22)<br>PORK ROLL, EGG,<br>CHEESE ON ENG-<br>LISH MUFFIN | 23)<br>HAM & CHEESE<br>QUICHE      |
| 26)<br>LIVERWURST<br>AND ONIONS ON<br>RYE                       | 27)<br>PIEROGIES & ON-<br>IONS WITH SOUR<br>CREAM                | 28)<br>BABY SPNACH SALAD-<br>EGG, BACON, TO-<br>MATO, CROUTONS           | 29)<br>EGG SALAD ON<br>WHEAT                            | 30)<br>REUBEN<br>SANDWICH          |



**Honesdale Center** Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

**Hamlin Center** Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after Prudential Sign

**Hawley Center** Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

**Northern Wayne satellite** @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

**Waymart satellite** @ Masonic Hall 136 South Street, Waymart Meetings 1st & 3rd Thursday. Call Kimber Best 570-267-2742.

**Transportation** 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm [www.co.wayne.pa.us](http://www.co.wayne.pa.us) go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

**Wayne County Veterans Affairs Representative:** Honesdale 308-10<sup>th</sup> Street, 9-12, Tuesday and Thursday ONLY; Hamlin Senior Center, 9-12, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays; Hawley Senior Center, 9-12, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays. For more info please call: 570-253-5970, Ext. 3114.

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